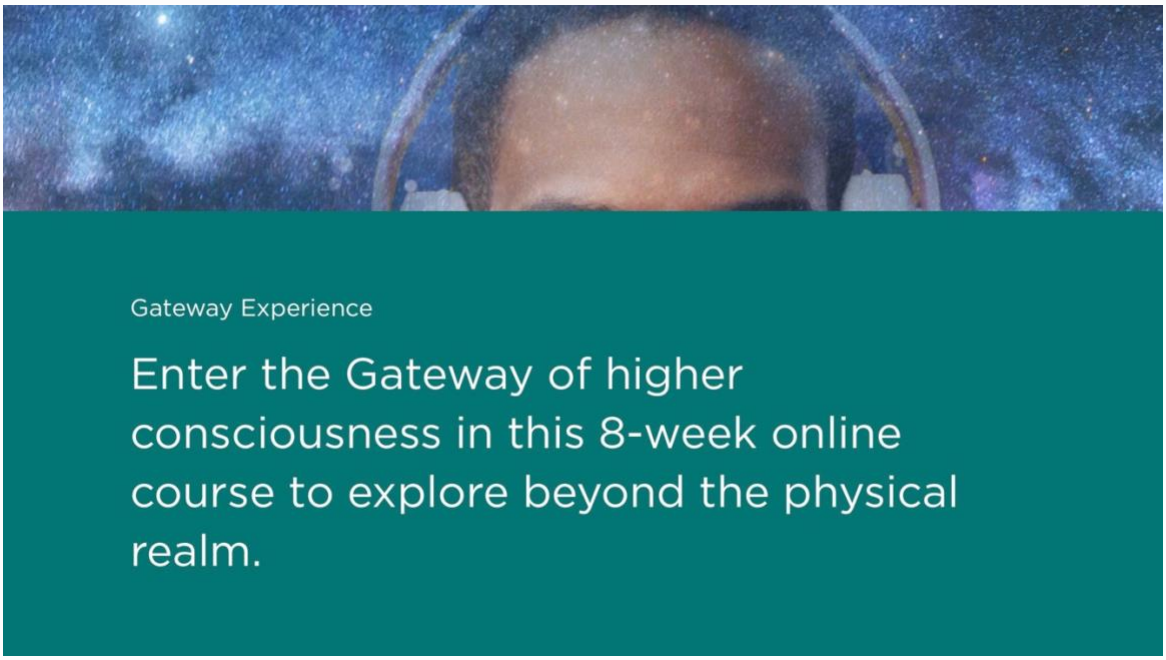
2023 Website Program Description


Gateway Experience
Enter the Gateway of higher consciousness in this 8-week online course to explore beyond the physical realm.

Online Program
$1,065.00
8 weeks

Explore various states of expanded awareness through direct experience. This 8-week self-guided online course takes you from the physical waking state, through deep relaxation, and ultimately into unexplored dimensions of your consciousness. Discover how to perceive and control your non-physical energy.

Gateway Experience is offered in an online Moodle classroom

It is taught in four Waves. Each Wave is intended to be completed in two weeks. You can, however, adjust the schedule to meet your needs.

A trainer will support your questions through weekly 1-hour video conferences

Through online discussion and shared experience, you will be part of a collaborative learning community. A knowledgeable and skilled Monroe trainer will be your guide throughout the program as you learn to use new tools for deeper levels of meditation and self-discovery

Experience the power of audio support technology. Learn tools and techniques that allow you to quickly and easily enter into expanded states of awareness.

Embark upon an odyssey of self-discovery!

- Wave I Discovery - Introduces the Mind Awake/Body Asleep state (Focus 10) and other "mental tools" to help you experience states of expanded awareness
- Wave II Threshold - Learn more Focus 10 "mental tools" and benefit from exercises which take you to a state of expanded awareness known as Focus 12
- Wave V Exploring - (A Journey to Focus 15) From the now-familiar state of Focus 12, you will be introduced to Focus 15 — the "No Time" state - the state of simply being
- Wave VI Odyssey - (A Journey to Focus 21) Embark upon an odyssey of self-discovery. Wave VI features high adventure exercises in Focus 21 (the bridge to other energy systems).

Course Materials and Enrollment

The course fee does NOT include the course materials. You may purchase the audio exercises Wave I, Wave II, Wave V, and Wave VI separately from our store.

Once you've purchase your GE online course, you'll receive instructions for completing your program application, creating your Moodle account and the program schedule.

Maximum enrollment, 30 students

FREE AUDIO SAMPLE

Relax and enjoy this free audio sample *(see the link in the details section below)* to experience the deep relaxation and instantaneous expanded meditative state that Monroe's audio provides.

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.

 Qualifies as a Prerequisite Completion of this online course meets the requirement for attending our advanced retreats.	 *Trainer Facilitation* Throughout the course a Monroe trainer will be there to answer your questions and support and guide you through the program.	 *Additional Audio Exercises* Continue your exploration once the program has ended with a take home audio exercise.